

## First aid and CPR

You are invited to book now for infant and child first aid and CPR sessions on 12 and 13 June.

This training is ideal for mothers to be and their partners, parents, grandparents, nannies and other child carers. Each session begins with a guided tour of Kidsafe House, followed by morning tea and practical first aid training.

The sessions, which cost \$85 each, cover resuscitation (CPS for babies and toddlers using practice mannequins), drowning, choking, fevers and febrile convulsions, burns and scalds, breathing difficulties, head injuries, severe allergic reactions and the use of EpiPens, and poisons, bites and stings. Statement of Attendance certificates are offered to participants.

Places are limited so please call Kidsafe Qld on 3854 1829 for more information and to book your place.



## Demonstration of 'invisible' children

About 20 Brisbane children disappeared on Friday 21 May in a demonstration at Suncorp Stadium to highlight awareness of the blind spot behind a vehicle that could result in a child being run over.

Kidsafe Queensland supported Fatality Free Friday by positioning four family vehicles – a Land Rover, a Holden Barina, a Toyota Tarago and a Holden Commodore - with a measure of their blind spot distance.

Surprisingly the Land Rover 4WD had the best visibility of less than 4 metres. The Holden Commodore had the least rearward visibility, with children 'invisible' for up to 15 metres behind the vehicle. (\*NRMA)

In Queensland alone, 18 children have been run over and killed, and a further 196 have been seriously injured, in low speed vehicle incidents in the past five years.

In the majority of cases the children are injured in the driveway of their home and, sadly, it is mum or dad who are in the driver's seat

While 4WD vehicles were involved in 10 of the 18 fatalities, ordinary passenger cars account for the majority of accidents including those which

cause major injuries. Eighty-four per cent of vehicles involved in low speed run over incidents were passenger vehicles.

The key prevention messages surfacing from the most up-to-date research both nationally and internationally are:



**1. Supervise Children:** Know where the children are. If home alone and need to move the car either have the children all appropriately restrained in the vehicle when moving or, if another adult is around, make sure they have all the children safely secured in the house or well away from the vehicle. A good habit is to walk around the vehicle to check no one is quietly hiding behind the vehicle.

**2. Separate Driveway:** Separate the play areas from driveways. Some design features that may assist in this include: high handles on garage doors, self closing doors and fences between the driveway and front lawn.

**3. Install cameras and/or sensors.** Utilising this technology can offer a much closer visual behind the vehicle but quality can be limited depending on the make and model. It is vital to always have mirrors adjusted appropriately however mirrors alone in the context of low-speed vehicle run overs is most often not enough to prevent this injury from occurring.

These 3 messages must be utilised IN COMBINATION to reduce the risk for run over incidents. This is not a one-fix-wonder, it is rather a systematic approach.

\* NRMA reversing visibility tables.

# Safety on trains and transport

Another potentially serious accident with a pram rolling off a platform and being hit by a train demonstrates that parents and carers are not paying attention to key safety steps when using prams.

An estimated 200 Queensland children under 5 years are injured every year in incidents involving prams or strollers (ACCC).

In high winds prams without brakes can roll away. Unrestrained babies can spill from prams falling between train and platform or ferry and jetty.

## Safety Tips:

Always restrain your child in their pram or stroller using a 5 point harness.

Always apply the brakes on your pram or stroller while waiting on platforms, jetties and when on trains and public transport.

Always keep one hand on your pram AND use the supplied tether strap.

When waiting for a train, stand with your pram parallel to the tracks, behind the yellow line.

Enter the train with the pram in front of you, lifting the front wheels.

If you have another child or children with you, hold their hand and/or have them hold onto the pram.

Prepare yourself to exit a few minutes before you reach your stop. Ensure that the baby is restrained and older children are with you.

When you exit the train, step out onto the platform first and pull the pram out back wheels first. If you have an older child or children with you, have them hold your hand or the pram.

Travel on the first carriage if possible. You will be closer to the driver and he will be more aware of you.

Ensure you keep your older children with you at all times, especially as you enter and exit.



Ensure the mobile front wheel is locked and fixed with three wheeled prams as they can flip to the side causing the wheel to drop between train and platform.

## Kidsafe's tweet:

Become a fan of Kidsafe Qld on Facebook or follow us on Twitter for safety updates and news.

## Mobile services:

Kidsafe has a mobile service for hiring capsules and child restraints, as well as checking and installation of child restraints. We will come to your home from as far north as Caboolture, south to the Gold Coast, east to Wynnum and west to Ipswich and Karana Downs etc.

Installation of the restraint is \$50. If you wish to purchase a restraint from Kidsafe we will deliver it, explain how to use it and install it.

## Product complaints

If you have purchased a product or seen a product for sale that you think may be incorrectly labelled or pose a danger to babies or children, contact the Office of Fair Trading on 13 13 04 or lodge an [online complaint](#).

## Pregnancy Babies & Children's Expo: 18th - 20th June 2010

Friday 10am - 4pm • Saturday and Sunday 10am - 5pm at the Brisbane Convention & Exhibition Centre, South Bank. Collect your FREE multi-day tickets from Kidsafe House at 50 Bramston Terrace Herston.

Kidsafe staff will be on stand hand to answer questions and provide valuable advice on injury prevention and the new restraint rules. Become a member of Kidsafe Queensland at the Expo and go into the draw to win a Safe-n-Sound Meridian AHR Tilt N Adjust (Birth - 18kg).



## First aid game for kids

First aid can be learnt by anyone, and anyone can become a first aid 'hero'. PREVENTIT is a PC game with over 1500 fast facts on general knowledge,

health, safety, accidents, injuries, first aid, common sense, the body and diseases. [Click here](#) to download a trial copy. A percentage of the sale of PREVENTIT is donated to Kidsafe and the Royal Children's Hospital.

## New pool fencing laws effective December

Check the new pool [fencing laws](#) because after December it will be mandatory for all houses bought/sold or rented to have a compliance certificate for the pool fencing.

Also look at the Royal Life Saving's simple [checklist](#) to give you some idea of what you may need to do to make your pool comply.

Some councils have Pool Inspectors/Certifiers who will come to your home and check if your pool fencing is compliant — probably for a fee.